

| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO |
|-------|--|--|---|--|--|--|---------|
| 6:00 | 06:30 - 07:00 SALA FUNCIONAL HIIT | | 06:30 - 07:00 SALA FUNCIONAL ACTIVA CIRCUIT | | | | |
| 7:00 | 07:30 - 08:00 SALA FUNCIONAL TABATA | | 07:30 - 08:00 SALA FUNCIONAL TABATA | | | | |
| 8:00 | | 08:30 - 09:20 SALA 1 CROSS TRAINING + LMC | | 08:30 - 09:30 SALA 1 BODYPUMP | | | |
| 9:00 | 09:00 - 09:30 SALA FUNCIONAL ACTIVA CORE | 09:30 - 10:30 SALA 1 BODYPUMP | 09:30 - 10:20 SALA CICLO ACTIVA WALKING | 09:30 - 10:20 SALA 1 GAP | 09:30 - 10:20 SALA CICLO ACTIVA CYCLING | | |
| | 09:30 - 10:20 SALA CICLO ACTIVA CYCLING | | 09:30 - 10:20 SALA 1 BODYATTACK | | 09:30 - 10:30 SALA 1 BODYPUMP | | |
| | 09:30 - 10:20 SALA 1 ZUMBA | | | | | | |
| 10:00 | 10:30 - 11:00 SALA 1 ACTIVA CIRCUIT | 10:35 - 11:25 SALA 1 BODYBALANCE | 10:35 - 11:05 SALA 1 LES MILLS CORE | 10:30 - 11:30 SALA 1 BODYCOMBAT | 10:35 - 11:35 SALA 1 BODYBALANCE | 10:30 - 11:00 SALA 1 TABATA | |
| 11:00 | 11:00 - 11:55 SALA 1 PILATES | 11:30 - 12:20 SALA 1 ZUMBA | 11:10 - 12:10 SALA 1 YOGA | 11:30 - 12:20 SALA 1 ZUMBA | | 11:00 - 12:00 SALA 1 ACTIVA WEEKEND | |
| | | | | | | 11:00 - 12:00 SALA 1 ACTIVA WEEKEND | |
| 13:00 | | 13:00 - 13:55 SALA 1 PILATES | | 13:27 - 13:57 SALA FUNCIONAL HIIT | 13:27 - 13:57 SALA FUNCIONAL HIIT | 13:00 - 13:30 SALA 1 HIIT | |
| 17:00 | 17:00 - 18:00 SALA 1 BODYPUMP | 17:30 - 18:25 SALA 1 GAP | 17:30 - 18:15 SALA 1 PILATES | 17:30 - 18:20 SALA 1 ZUMBA | 17:00 - 17:50 SALA 1 BODYPUMP | | |
| 18:00 | 18:00 - 18:50 SALA 1 ZUMBA | 18:30 - 19:20 SALA CICLO ACTIVA CYCLING | 18:30 - 19:20 SALA CICLO ACTIVA CYCLING | 18:30 - 19:20 SALA CICLO ACTIVA WALKING | 18:00 - 18:50 SALA CICLO ACTIVA CYCLING | | |
| | 18:30 - 19:20 SALA CICLO ACTIVA CYCLING | 18:30 - 19:25 SALA 1 BODYBALANCE | 18:30 - 19:25 SALA 1 GAP | 18:30 - 19:20 SALA 1 BODYBALANCE | | | |
| 19:00 | 19:00 - 19:55 SALA 1 BODYPUMP | 19:30 - 20:20 SALA CICLO ACTIVA WALKING | 19:30 - 20:20 SALA CICLO ACTIVA CYCLING | 19:30 - 20:20 SALA CICLO ACTIVA CYCLING | 19:00 - 19:45 SALA 1 BODYCOMBAT | | |
| | 19:30 - 20:20 SALA CICLO ACTIVA CYCLING | 19:30 - 20:00 SALA 1 CROSS TRAINING | 19:30 - 20:15 SALA 1 BODYPUMP | 19:30 - 20:00 SALA 1 BODYATTACK | | | |
| 20:00 | 20:00 - 21:00 SALA 1 BODYCOMBAT | 20:00 - 20:55 SALA 1 BODYPUMP | 20:20 - 20:50 SALA 1 LES MILLS CORE | 20:30 - 21:30 SALA 1 YOGA | 20:00 - 20:30 SALA 1 HIIT | | |
| 21:00 | | | 21:00 - 21:30 SALA 1 ACTIVA CORE | | | | |